

### Another Recognition Opportunity:

Military Families are WONDERFUL! Think about how your readiness is affected by the love and support you receive from your family.

Why not take the time to recognize them in an official way? Nominate your family for the YARS Family of the Year honors to be given out on Family Day, 15 Jul 2006.

All it takes is for you to write a short essay about why your family matters so much to you and how they support you, the military, and the community.

If you know a great military family that should be recognized, feel free to nominate them as well.

Contact Family Support for more information!

# Family Support Newsletter

Family Support Office  
Youngstown ARS, Ohio

Volume 1 Issue 5

## Youngstown ARS Volunteers Recognized

On Thursday, 27 April 2006, at the Eagle's Nest Club, the Family Support Office had the privilege of honoring 23 of the more than 250 people who volunteer on base. The celebration was held in honor of National Volunteer Recognition Week, which was established by the Points of Light Foundation. This year's celebration was themed "We Appreciate You!"

MSgt David Elonen, 910 MXS, took the Volunteer of the Year honors. MSgt Elonen volunteered 587 hours in the service of Relay for Life, veterans organizations, and his church. Not one to do simple tasks, MSgt Elonen has written and published a guide for 24 hour walkers, created awards recognition and the awards, designed team t-shirts and woodwork. His activities cover a broad spectrum of concern, effort, and creativity. In addition to Volunteer of the Year, MSgt Elonen earned a Gold Award from the Presidential Volunteer Service Commission.

Also earning Gold Awards were Mr Jim Carano, Mr Bud Ekard, and Mr John Cailor, all superior performers in our outstanding Retiree Activities Office. MSgt Cindy Cox and SMSgt Michael Altieri, both of 910 MXS, earned Bronze Awards from the Presidential Volunteer Service Commission as well for their work with Family Day and SMSgt Altieri's work with Relay for Life. The Presidential Volunteer Service Commission is designed to promote a presidential focus on community service. Family Support is proud to be a certifying agency for their awards.

Guest speaker at the gathering was Ms Christinia Gargas, of the Trumbull/Mercer Counties American Red Cross. Aside from working with the Red Cross, Ms Gargas volunteers at St Joseph's Hospital and at her church. She spoke about the community and personal benefits of volunteering.

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# Family Support Newsletter

## DEPLOYMENT TIP: The VA ~ What's Up With Them?

When a servicemember returns from deployment or has ended their service with the military, there are a variety of ways the Veterans Affairs Office, affectionately referred to as the VA, can serve our community.

To quote the VA webpage:

*Reservists and National Guard members who were called to duty by a Federal Executive Order may qualify for VA Health Benefits. Returning servicemembers including Reserve and Guard ...., have special eligibility for hospital care, medical services and nursing home care for two years following discharge from active duty.*

*Health care eligibility is not just for those who served in combat. Other groups*

*may be eligible for some benefits. Veteran's health care is not just for service connected injuries or medical conditions. Veteran's health care facilities are not just for men. VA offers full-service health care benefits to women.*

To apply for health care benefits, use the form VA 10-10ez at <http://vabenefits.vba.va.gov/vonapp/main.asp>

Aside from standard health care benefits available, the question of filing a disability claim is a common VA question. Basically, the VA wants to know what happens to the average servicemember and keeps statistics on that information. In addition, they are charged with the mission of serving the needs of veterans physically or mentally affected by their service.

An injury or medical condition does not have to be of major proportion nor does it have to be on the job to be claimed with the VA. For instance, a reservist deployed to the desert who breaks their arm playing intramurals will want to note it in their medical records and in a claim to the VA.

A common concern is the claim affecting a military member's ability to serve. The Line of Duty process investigates that. The VA is a separate entity interested in long-term care of injury fallout or medical conditions.

The claim for disability is the VA 21-526 and can be done online at the same website. However, it is recommended to

*They claim  
red meat is  
bad for you.  
But,  
I never saw  
a sick  
looking  
tiger.*

*Chi Chi Rodriguez*

## Wondering About Dental Care?

There is dental coverage available to Reservists and their families, regardless of status. That is United Concordia. The military member enrolls themselves and/or their family for as little as \$10 and as much as \$70 a month, depending on who is covered. A debit or credit card is required for enrollment and enrollment lasts an entire, locked-in 12 months. The form can be located at [www.ucci.com/forms](http://www.ucci.com/forms) and an entire booklet discussing coverage and the program can be found at <http://www.ucci.com/forms/TDPBenefitBooklet.pdf>

Reservists on orders who seek dental care in the community need to take a MMSO form to their provider. This is a benefit of being on orders that allows the Navy at Great Lakes to pay the bill. Most dentists are familiar with the process, but asking to be sure is wise.



## TriCare ~ When to Enroll and When to Leave It Be

TriCare is one of the benefits of being on orders and is one of the biggest headaches for many personnel. One of the most common problems is thinking TriCare Prime coverage is automatic. It never is. Each and every time a new set of orders is published for a member, re-enrollment in TriCare Prime Remote must be accomplished. The monthly deadline is to enroll before the 20th of the month.

What if the family hasn't been enrolled before the 20th of the month? Are they covered at all

for medical expenses? Certainly! Reservists on orders show in DEERS and so do their family members. All are covered by TriCare Standard automatically.

Enrollment forms can be downloaded and information galore can be found at the TriCare website: [www.tricare.osd.mil](http://www.tricare.osd.mil)


## A Volunteer's Experience

Director's POV: Janice Barnes

Yes, I volunteer too. I am a committed advocate of service to the community and family. At the current time, I volunteer for an online support group as a chat moderator and social support via email/phone. I also volunteer in the music program at my church.

My volunteer roots go way back to grade school, when my dad encouraged us to help him go about getting signatures for a petition for a ballot measure regarding the schools (cheap shot, I know, but it was effective). In the process, he taught all of us kids about the po-

litical process and our roles in it.

From there, there were church activities, scout positions, and so on into my adult life. Probably my favorite "volunteer job" was to assist the families in the Security Forces flights we were associated with. But there were also jobs in Family Advocacy, Family Services, and Family Support as well as being an Ombudsman for a Navy unit. Oh, and leading island tours around  Guam. That was a rough one. Not.

What's the point of my reminiscing?

All of those experiences benefited me too. First, they made me a better military spouse and community member by exposing me to the military in a thorough way. Second, they helped me develop my skills and an understanding of my skills to lead to successful employment and successful hobbies. Third, they reminded me it's not all about me.

This volunteering is something I will continue for my lifetime. Please join me in this endeavor.

## Volunteering in the Local Community

Did you know that Federal Law requires volunteer experience and skills to be credited by future employers as paid work experience? Yes, you can build your resume and transition toward a new or better career through your volunteer work!

It is not a requirement to volunteer on-base, although we'd love to help you find a good fit

here. Volunteering in the local community is a fabulous option. Sometimes, volunteer work can be combined with the passions of your family. For instance, if the kids are in Scouts, become a leader or cookie mom or driver for campouts. If you love gardening, volunteer for a community garden. If you want to see how you work in a busy-busy environment, volun-

teer for a hotline or emergency services at the American Red Cross. Follow?

Most communities have a volunteer agency that serves as a clearing house for volunteer jobs, like the Family Support Office does for the base. For the Mahoning Valley, that office is the Volunteer Services Agency. They can be contacted at (330) 782-5877 or

*I am of the opinion  
that my life  
belongs to the  
whole community  
and as long as I  
live, it is my  
privilege to do for  
it whatever I can.*

## Volunteering on Base

So, you see that volunteering is a great way to get some recognition and be on the front page of the Family Support Newsletter! Aside from that volunteering has been shown to be a powerful agent in readiness. Yes, readiness.

In volunteering, a Reservist or their family member becomes more fully part of the Youngs-

town Air Reserve Station community. A support foundation of knowledge, resources, and a network of people with established relationships is also begun whether contributing skills, talents and time on-base or off.

Have you ever wanted to try a new job without risk? Volunteering is the way to do it. Have you ever wanted to de-

velop a new skill or spend time with people, helping them? Volunteering is the way to do that too.

The average number of hours recognized in April was less than 40 a year. Volunteering takes a lot of heart, not a lot of time.

For more information about volunteering, contact the Family

*I want to be  
thoroughly used  
up when I die, for  
the harder I work,  
the more I live.  
George Bernard  
Shaw*

# Family Support Newsletter

## **MOM**—We Love Her

Mother's Day is the weekend after the May UTA, May 15. It is a time honored tradition to honor our mothers with gifts, badly cooked breakfast in bed, and lots of love. How will you honor your mother this year? Here are some ideas for adults and children:



- Paper flower centerpiece
- Beads neck garland
- Beautiful handmade greeting card with lovely mother love quotes written inside.
- Hand Picture
- Handprint towel
- If your mom is fond of reading, then a personalized bookmark would just be apt for the occasion.
- Handmade potted tissue flowers
- Homemade photo frames
- Homemade coupons from the heart

Ideas from (and they have more ideas) <http://www.indobase.com/holidays/mothers-day/gifts>

*Mama exhorted  
her children at  
every  
opportunity to  
“Jump at de  
sun”. We  
might not land  
on the Sun, but  
at least we got  
off the  
ground.*



## **An Opportunity to Be Heard and Impact the Community!**

Ever wish you could tell people in charge what you love and don't love about being associated with the Air Force and with Youngstown Air Reserve Station? That opportunity could be in your mailbox and internet soon!

Yes, the AFRC Community Assessment Survey has been launched on the internet. The survey is sponsored by the Air Force Integrated Delivery System (AF/IDS) as a tool for senior leadership and service providers at bases. The AFCA has been designed to assess individual, family and community strengths and needs. Responses, combined with those from others, will help installations target resources and programs to effectively enhance quality of life through your base IDS process.

The survey for Reservists is available on the World Wide Web and should take approximately 30 minutes to complete. Randomly selected individuals will receive an email inviting them to participate. Reserve spouses (also randomly selected) will be receiving a letter from Maj Gen Poulin inviting them to participate using a specific password. All responses are confidential. Direct any questions to Family

## **Travel Season is Coming!!**

Planning your summer vacation? Goodness, who isn't?

How does \$36/night at the Stratosphere in Las Vegas sound? Or a 3 day cruise to the Bahamaa that starts at \$199? Or a one bedroom condo in Puerto Vallarta for \$294/wk? If this sounds good, be sure to check out <http://www.govarm.com> for special travel and vacation deals for military personnel.

If you are planning to take a drive in a car or motorcycle this summer, be certain to follow the general safety rules of the road. Carry water in your vehicle for you and the vehicle. If traveling with children, make sure the car seats are used and that you've brought something along to cover/cool the car seats while you are discovering the latest new site. Every pound in a vehicle taxes engine function, so pack as lightly as possible. Consider bringing along non-perishable snacks and other foods to help make the restaurant costs lower.

And if you want a set of silly song lyrics to sing with your kids on the road, come to Family Support.



## How're You Doing?

With the abundance of talk shows discussing life problems and giving those problems clinical names, it is easy to feel like all of those problems belong to us.

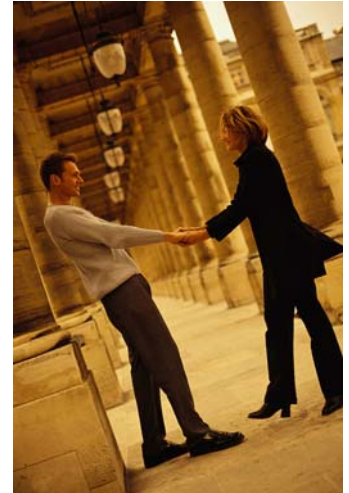
The DoD in cooperation with Screening for Mental Health has come out with a webpage to help military members and their families self-assess their mental health status. The site, found at

<https://www.militarymentalhealth.org/welcome.asp>, asks a series of questions regarding the mental health issues of depression, post traumatic stress disorder, generalized anxiety disorder, and alcohol dependency. Air Force Col Joyce Adkins, a psychologist with the Force Health Protection and Readiness directorate at the Defense

Department's Health Affairs office.

"The (online) screening actually gets you to where you need to be in terms of counseling," Adkins said. "Once you do one of the screening checklists, it will give you the benefits that are available to you."

For referral resources, con-



## Summer Fun Scheduling

The Trumbull Art Gallery (TAG) has many children's programs this summer designed along the theme of "Vive Leonardo!", a tribute and exploration of the art and genius of Leonardo DaVinci. Activities include the making of shields and swords, a face painting party in conjunction with a discussion of just what Mona Lisa might have been thinking about, clothing design, kite design and flying, juggling, anatomy discussion and drawing, creativity with gears and machinery, three dimensional drawing, bike decorating, and catapults. All classes have a fee and must be registered for by calling the TAG at (330)395-4876.

One of the big activities and joys of the art gallery is their annual children's parade to the Courthouse Square in Warren. This year's will remain with their summer theme, Vive Leonardo. It is the culmination of the Summerfest Events for Children. Everyone, children and artists, are invited to participate in the parade and the after party that will include more art activities, music, theater, dance, games, and a movie in the Ampitheater. There will be a class on 27 Jun 06 to make a super size banner for the parade. The parade itself will be on 8 Jul.

## Services Clubs Offer Scholarships!

Air Force Services is conducting the Tenth Annual Club Membership Scholarship Program. Current Club members and their family members who have been accepted by or enrolled in an accredited college or university for entry during the Fall of 2006 term as a part-time or full-time student are eligible to apply for scholarships.

Entry involves a 500 word essay entitled "Proud to Be an American". For more information, please contact Ms Jennifer Marhulik, 910 Services, at ext 1073 or 1934.

***Have you  
nominated  
YOUR family  
for Family of  
the Year  
honors this  
year???***

***Contact Family  
Support for details!***





## Family Support Office Youngstown ARS, Ohio

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*Are You a  
Ready Family?*

## Readiness is Our Mission!

### Mission Tasks of the Family Support Office:

- 1) Provide assistance and support to families during times of local or national emergency, mobilization, deployment or evacuation
- 2) Give immediate short-term support to restore an individual or family ability to cope with unique family crisis or urgent situations
- 3) Assist military members, civilians, and their families in identifying problems and needs to determine appropriate forms of assistance, information, or resources. Insure adequate resources and information support are readily available.
- 4) Provide leadership consultation in relation to community wellness as well as individual and family concerns
- 5) Work with a wide range of military and civilian agencies to support the goals of mission readiness

### Core Services of the Family Support Office:

- 1) **READINESS:** Support includes the monthly bulletin, phone calls to families and assistance for unique situations
- 2) **INFORMATION AND REFERRAL:** Information about the installation and community resources. The heart of Family Support operations is providing accurate information and referral, so that Family Support stops the trail of referrals and pass ons, getting the answers to personnel and their families more efficiently
- 3) **CRISIS ASSISTANCE:** Immediate short-term support to personnel and their families in the event of an emergency
- 4) **AIR FORCE AID SOCIETY:** In conjunction with other financial relief measures, administer emergency financial assistance as well as community base programs like Bundles for Babies and the HAP Arnold Grant

## Successful Military Marriage: Tips for Success

A recent article by Julie Pfaff in "Military Money" magazine states that the following have been shown to be common traits among successful military marriages:

- An understanding that marriage and military life are voluntary choices
- A team approach to military life
- Mutual respect which recognizes and honors the sacrifices of each partner
- Frequent, honest communication
- A realistic perspective of military life

- A desire to be prepared for both military life and married life
- A network of friends that serves as a support group
- A deep trust in each other

To encourage these traits to grow in your marriage, the following resources are recommended:

#### MilitaryOneSource:

[www.militaryonesource.com](http://www.militaryonesource.com) for information, resources, interactive tools, online consultants, and/or 6 free counseling sessions with a local area counselor

#### Local or Base Chaplain

